



Mexican loaded kumara wedges

Ingredients

- 2-3 medium kumara, cut into wedges
- Olive oil
- 1 onion, finely diced
- 2 cloves garlic (or crushed garlic)
- 1 tin diced tomatoes
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp dried oregano
- 1 tsp ground coriander
- 1x 425g tin chilli beans
- 1 cup grated carrot, courgette, corn, capsicum (whatever vegetables you have - depending on what is in season).

Directions

Method

1. Preheat the oven to 180 degrees Celsius fan bake.
2. Chop the kumara into wedges and lay the pieces on a lined baking tray, then drizzle with olive oil and season with salt and pepper. Place into the oven and bake for approximately 30 minutes or until tender when tested with a knife.
3. While the kumara cooks, place a saucepan over a medium heat with a drizzle of olive oil. Add the onion and garlic to the pot and cook while stirring for 2-3 minutes or until the onion begins to soften.
4. Add the tomatoes, cumin, paprika, oregano and coriander to the onion mixture, and cook for a further few minutes until the tomatoes begin to break down.
5. Once softened, add the chilli beans and mixed vegetables and simmer for 5-10 minutes or until reduced slightly; stirring occasionally. Season to taste with salt and pepper.
6. Once the kumara is almost cooked through, remove the tray from the oven and place the bean mixture on top. Sprinkle with grated cheese and place back in the oven for 5-10 minutes on Grill to melt the cheese.
7. Top the wedges with guacamole, sour cream, and fresh coriander if you wish. Serve and enjoy immediately.

Enjoy!

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